Specifications & Dosing

- **Standardized 5:1 granules** — 12.5g of granule + 1 ounce of EOH + 1 ounce of H2O in each bottle (approximately 62.5 g of raw herb)
- Each 2oz bottle is a standard one week dose; a prescription for 1 dropper 3x per day, or around 1 teaspoon 3x per day is approximately 2g of granulated herb each day.
- With alcohol as an envoy, the efficacy of each gram is much higher. This is the beauty of granule-based tinctures.
- Increase daily dosage for more acute pathologies.
- Formulas are alcohol-based; glycerin-based tinctures are available upon request.
- Corn-based granules — not recommended for patients with corn allergies

Adaptogenic — a Tonic for Health

Adaptogens are rejuvenating herbs, also known as qi tonics. They contain natural substances which have been found to protect the body and aid in ‘adapting’ to life’s stressors to maintain optimal **homeostasis**. These natural biological chemicals have been found to not only to help the body cope with stress but also to balance **endocrine hormones**, boost the **immune system**, increase physical and mental capacity, **reduce fatigue**, improve **resistance to diseases**, and **extend lifespan**.

Our formula has many of the most well known and effective adaptogens.

Medicinal Ingredients: *Astragalus membranaceus* - huang qi; *Ganoderma lucidum* - ling zhi; *Codonopsis pilosula* - dang shen; *Lycii Fructus* - gou qi zi; *Schisandrae Fructus* - wu wei zi; *Citri Reticulatae Pericarpium* - chen pi; *Zingiberis Rhizoma Recens* - sheng jiang.

AltHealNet is a 501(c)(3) non-profit that is committed to promoting the use of integrative healing therapies to the public and improving access to integrative health care in underserved communities. With this herbal tincture line, we are encouraging the use of high quality, natural medicine for health and wellness.

**Alternative Healing Network**
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San Diego, CA 92116
Phone: (619) 546-4806
Fax: (619) 546-5326
E-mail: herbs@althealnet.org

www.AltHealNet.org/herbs

(619) 546-4806
www.AltHealNet.org/herbs
Improving Therapeutic Outcomes and Patient Compliance

Ordering Is Quick and Easy!

Purchasing tinctures from Alternative Healing Network for your practice is a great way to increase patient compliance and therapeutic effectiveness! Once you contact us, we will conveniently fax or email you a Licensed Practitioner’s order form. You may submit it electronically or by fax. Also, with a valid Seller’s Permit number, you will not be required to pay sales tax on your total.

(619) 546-4806
Fax: (619) 546-5326
herbs@althealnet.org

With orders of 30+ tinctures, L.Ac.’s will receive TWO reference materials:

♦ **Tincture Guide** – all formula ingredients and detailed information regarding when and how to disperse to patients (TCM-based)

♦ **Symptom Reference** – biomedical-based guide for determining appropriate formulas

L.Ac. Pricing

<table>
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<tr>
<th>Individual Tinctures</th>
<th>$10 each</th>
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<td>Total orders of 10+</td>
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</tr>
<tr>
<td>Total orders of 30+</td>
<td>$7 each</td>
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Patient Pick-Up: $12 per tincture

www.AltHealNet.org/herbs

Adaptogenic—a Tonic for Health
Ban Lan Gen *single herb
Ba Zhen Tang
Ba Zheng San
Ban Xia Hou Po Tang
Bao He Wan
Bu Yang Huan Wu Tang
Bu Zhong Yi Qi Tang
Cang Er Zi San
Da Huang Mu Dan Pi Tang
Dao Chi San
Du Huo Ji Sheng Tang
Er Chen Tang

Gan Mai Da Zao Tang
Gui Pi Tang
Gui Zhi Fu Ling Wan
Gui Zhi Tang
Huo Xiang Zheng Qi San
Lai Jun Zi Tang
Liu Wei Di Huang Wan
Long Dan Xie Gan Tang
Ma Zi Ren Wan
Mai Men Dong Tang
Ming Mu Di Huang Wan
Sang Ju Yin
Shao Fu Zhu Yu Tang
Shen Tong Zhu Yu Tang
Sheng Mai San
Si Jun Zi Tang
Si Ni San
Si Shen Wan
Si Wu Tang
Suan Zao Ren Tang
Tian Ma Gou Teng Yin
Tian Wang Bu Xin Dan
Xiao Chai Hu Tang
Xiao Yao San
Xue Fu Zhu Yu Tang
Yin Qiao San
You Gui Wan
Yu Ping Feng San
Yue Ju Wan
Zhi Sou San
Zou Gui Yin

ADAPT
BLG
BZT
BZS
BXHPT
BHW
BYHW
BZYQT
CEZS
DHMDF
DCS
DHJST
ECT

GMDZT
GPT
GZFLW
GZT
HXZQS
LJJT
LWDHW
LDXT
MZRW
MMDT
MMDHW
SJJY
SFZYT
STZYT
SMS
SJJT
SNS
SSW
STW
SZRT
TMGTY
TWBZD
XCHT
XYS
XFZYT
TQS
YGW
YPFS
YJW
ZSS
ZGY